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CLAIMS

What is claimed is:

- 1 1. A system for communicating information to an individual,
 2 comprising:
 3 a) remote interface configured for specifying information
 4 to be communicated to the individual;
 5 b) a server connected to said remote interface, said
 6 server including script program generating configured
 7 for generating a script program, said script program
 8 for communicating the information to be communicated
 9 to the individual; and
 10 c) a remotely programmable apparatus networked to said
 11 server via a communication network, said remotely
 12 programmable apparatus including:
 13 i) communication device for receiving said script
 14 program from said server;
 15 ii) memory device for storing said script program;
 16 iii) user interface configured for conveying the
 17 information to be communicated to the individual,
 18 and for receiving input from the individual; and
 19 iv) processor device for executing said script
 20 program, said processor device connected to said
 21 communication device, to said user interface, and
 22 to said memory device.

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 1 2. The system of claim 1, wherein said communications device
 2 comprises a modem.

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 1 3. The system of claim 1, further comprising at least one
 2 monitoring device in communication with said remotely
 3 programmable apparatus, said at least one monitoring
 4 device for providing at least one measurement of a
 5 physiological parameter of the individual.

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- 1 4. The system of claim 3, wherein said measurement is
- 2 transmitted to said remote interface device via said
- 3 server.
- 4
- 1 5. The system of claim 3, wherein said at least one
- 2 monitoring device is connected to said remotely
- 3 programmable apparatus via a cable.
- 4
- 1 6. The system of claim 3, wherein said at least one
- 2 monitoring device is selected from the group consisting
- 3 of a blood glucose meter, a respiratory flow meter, a
- 4 blood pressure cuff, an electronic weight scale, and a
- 5 pulse rate monitor.
- 6
- 1 7. The system of claim 1, wherein the information to be
- 2 communicated is customized to the individual.
- 3
- 1 8. The system of claim 1, wherein the information to be
- 2 communicated is a message.
- 3
- 1 9. The system of claim 1, wherein the information to be
- 2 communicated is a set of queries to be answered by the
- 3 individual.
- 4
- 1 10. The system of claim 1, wherein said remotely programmable
- 2 apparatus comprises at least one monitoring device jack
- 3 for operably linking at least one monitoring device to
- 4 said remotely programmable apparatus.
- 5
- 1 11. The system of claim 1, wherein said remotely programmable
- 2 apparatus is located at the residence of an individual to
- 3 be monitored, and said remote interface is located at a
- 4 location remote from the residence of the individual to
- 5 be monitored.

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